

Many summer meals sites, offer fun learning and recreational activities so kids and teens can eat a healthy meal while staying active and hanging out with friends.

Program details:

- Meals are FREE to children and teens ages 18 and younger who come to a summer meals site. Just show up, there's no paperwork!
- Food served follows USDA nutrition guidelines and is paid for by the USDA.
- Summer meals sites are at schools, churches, community centers and other places that are safe for kids and teens to go to.
- Many sites offer educational and recreational activities that kids of all ages can participate in so they can eat, hang out with friends and take part in activities offered.
- Parents don't need to apply to the program to get a free summer meal for their kids. They can just bring their child to a summer meals site in their community.

Summertime should be a stress-free time for parents and kids, full of food, friends and fun. Free summer meals can help. Families can learn more or find a site near them by going to <http://mfbn.org/learn/summer-food-service-program/summer-food-map> or call 1-800-809-4752 or they can text "Lunch" to 877-877 to find a site near them.